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FLORIDA DEPARTMENT OF HEALTH IN SANTA ROSA COUNTY ENCOURAGES RESIDENTS TO STAY FLU FREE THIS SEASON BY GETTING THE FLU SHOT



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Milton, FL - Cooler weather and shorter days mark the transition from summer to fall and it's also a sign that flu season is here. It is critical that all Floridians do their part to prevent getting seasonal flu and spreading it to others by getting the flu vaccine as early as possible. Flu strains change from year to year so it is important to get the flu shot this year even if you got one last year.

The annual flu vaccine is safe and remains the most effective way to protect yourself and your loved ones. The flu vaccine is recommended for everyone six months and older, including pregnant women. It takes about two weeks after vaccination for your body to develop protection against the flu so get your flu shot early, preferably before Halloween. This year, the Centers for Disease Control and Prevention only recommends people get injectable flu shots. Nasal spray vaccine is not recommended for this flu season because of concerns about its effectiveness.

In addition to protecting yourself, receiving the flu vaccine helps prevent the flu virus from spreading to our most vulnerable populations, including older adults, pregnant women, children ages newborn to five and people who have existing medical conditions like asthma.

The Florida Department of Health in Santa Rosa County offers the flu vaccine at all three of its clinic locations:

Milton Clinic
5527 Stewart Street
Milton
Mondays and Thursdays
8:00 a.m. – 11:30 a.m.
1:00 p.m. – 3:30 p.m.

Midway Clinic
5840 Gulf Breeze Parkway
Gulf Breeze
Tuesdays only
8:00 a.m. – 11:30 a.m.
1:00 p.m. – 3:30 p.m.

Jay Clinic
14122 Alabama Street
Jay
First Wednesday of the month
9:00 a.m. – 12:00 Noon

The fee is \$32.00 and is covered by Medicare, for those who are eligible, and some other types of insurance. A limited amount of vaccine is available at no fee for children ages 6 months through 18 years through the Vaccines for Children Program. Parents are advised to contact the clinic at 850-983-5200 to confirm vaccine availability.

It is also essential to practice good hygiene by properly and frequently wash your hands to help prevent the spread of seasonal flu. Make it a habit to clean and disinfect commonly used surfaces in your home, school or office. You can take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face. If you do become sick, stay at home until fever free for 24 hours, without the aid of fever reducing medication, except to obtain medical care. Keep children who are sick home from school or day care as well.

Remember to get your #VaccineBeforeHalloween and help keep Florida #FluFree this season by getting the vaccine for yourself and your loved ones. For more information about the flu and where you can get the flu shot this year, please visit www.FluFreeFlorida.com.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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